

Vice President Pence Thanks First Responders, Rallies Troops at NAS Jacksonville



Photo by MC2 (SW/IW) Nick A. Grim

Vice President of the United States Mike Pence addresses Sailors, civilian employees and their families during an all-hands call at Naval Air Station Jacksonville, May 20.

By Kaylee LaRocque
NAS Jax Public Affairs Officer

Vice President Mike Pence praised first responders and service members during a visit to Naval Air Station Jacksonville (NAS Jax), May 20.

During the visit, the vice president toured Unmanned Aerial Patrol Squadron 19's Mission Control Center, where he flew the "Triton" MQ-4C simulator, and a Patrol Squadron 45 P-8A "Poseidon" aircraft.

Pence also personally thanked first responders who assisted when the Miami Air charter Boeing 737 skidded off the NAS Jax runway into the St. Johns River May 3. The aircraft was on a routine flight late that evening from Naval Station Guantanamo Bay, Cuba.

"The vice president was very personable, humble and appreciative," said NAS Jax Firefighter/

Emergency Medical Technician Russell Russ, who was one of the first responders to jump into the river to rescue passengers. "It was an honor to be recognized for what we do."

"I was so honored to meet Vice President Pence and am grateful he took the time to personally meet with us," said Hospital Corpsman 2nd Class Anthony Anello of Naval Hospital Jacksonville who assisted 40 passengers transported to the hospital with resources and logistics.

The vice president also took the stage during an all-hands call to address Sailors, civilian employees and family members.

"It's amazing to think that, for nearly 80 years, Naval Air Station Jacksonville has stood watch over our nation's coastline and seas," said Pence. "This is the third largest naval base in the country, and it's here that 20,000 patriotic Americans work tirelessly every day to deliver 'effective and

efficient readiness from the shore.'"

Pence highlighted the partnership between the Navy and Customs Border Patrol working together to defend America, and thanked Patrol Squadron's 16 and 26 for strengthening the country's maritime supremacy during their recent deployments.

He also recognized first responders of the First Coast Navy Fire and Emergency Services, Jacksonville Fire and Rescue Department, Jacksonville Sheriff's Office, NAS Jax Security Department, NAS Jax Air Operations, Naval Hospital Jacksonville and the Coast Guard.

"I understand that just a little over two weeks ago, a passenger aircraft was landing during a thunderstorm when it crashed through a wall and slid into St. John's River," said Pence.

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Sustain • Enable • Support



Congratulations Newly Frocked Petty Officers



NAS Jacksonville frockees gather for a photo with members of the command team in front of the base administration building.



Photos by Julie M. Lucas

NAS Jacksonville frocked 22 Sailors May 30 at Building 1.

MA2 Benjamin Gygas is frocked by his wife and MAC Evette McDowald May 30.



NAS Jacksonville Command Master Chief Dylan Inger congratulates the newly frocked MA3 Amanda Fendrick May 30.



NCC Alberto Bruzon conducts a uniform inspection of the NAS Jacksonville Executive Department, May 22.



Photos by Julie M. Lucas

JAX AIR NEWS

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NAS Jax Region Celebrates Memorial Day



Photo by MC2 (SW/IW) Nick A. Grim
Fleet Readiness Center Southeast (FRCSE) Command Master Chief Jeremy Bridges (left), FRCSE Executive Officer Capt. Grady Duffey (rear-center), and Naval Air Station Jacksonville Executive Officer Capt. Brian Weiss, listen as City of Green Cove Springs Council Member Mitch Timberlake reads a Memorial Day Proclamation in Spring Park, May 27. The reading kicked off the 31st annual Spring Park Memorial Day RiverFest, which included live entertainment, food and craft vendors, bounce houses, an aerial fly-over, fireworks, and tributes to service members past and present.



Photo by Julie M. Lucas
Flags decorate Jacksonville National Cemetery May 27 in recognition of Memorial Day.



Photo by MC3 Nathan T. Beard
Sgt. Peter Lou, presents a wreath during the Fallen Heroes Memorial Day service at the Duval County Veterans Memorial Wall in Jacksonville, May 27. Jacksonville is home to the nation's second largest veterans memorial wall and serves as a tribute to more than 1,700 Jacksonville area American war heroes.



Photo by MC2 (SW/IW) Nick A. Grim
From left, Fleet Readiness Center Southeast (FRCSE) Command Master Chief Jeremy Bridges, FRCSE Executive Officer Capt. Grady Duffey and Naval Air Station Jacksonville Executive Officer Capt. Brian Weiss listen as retired veterans (right) speak during the 31st annual Spring Park Memorial Day RiverFest in Green Cove Springs, May 27.



Photo by MC3 Nathan T. Beard
Capt. David Yoder, commanding officer of Naval Station Mayport, speaks during the Fallen Heroes Memorial Day service at the Duval County Veterans Memorial Wall in Jacksonville, May 27.



Photo by Julie M. Lucas
Sailors from Unmanned Patrol Squadron 19 place flags in front of headstones at Jacksonville National Cemetery May 23 in recognition of Memorial Day. Other Naval Air Station Jacksonville commands who participated in the event include Patrol Squadrons 10 and 26, Fleet Readiness Center Southeast, Fleet Logistics Support Squadron 58 and Commander, Patrol and Reconnaissance Wing 11.



Photos by MCSA Thomas Higgins

Former Patrol Squadron 45 Commanding Officer Cmdr. Mark Zematis, left and show Vice President Mike Pence some of the surveillance equipment aboard a P-8A Poseidon aircraft May 20.



First responders from First Coast Navy Fire and Emergency Services, Jacksonville Fire and Rescue Department, Jacksonville Sheriff's Office, along with Sailors from Naval Air Station Jacksonville Security Department, Air Operations and Naval Hospital Jacksonville, and Coast Guard members gather with Vice President of the United States Mike Pence, center, and Congressman John Rutherford (D-FL4), fourth from right, May 20. The group, along with many others, assisted in the recent emergency response of the Miami Air charter aircraft mishap.

VICE PRESIDENT

From Page 1

“What happened next could’ve been a terrible tragedy, but thanks to professionalism and courage of the men and women of Naval Air Station Jacksonville, what followed were acts of heroism. After receiving the initial call for help, firefighters rushed to the scene, jumping into the water, and sped the passengers to safety. All told, nearly 80

members of the Jacksonville Fire and Rescue Department and Jacksonville Sheriff’s Office rescued 143 people. I know many of those heroes are here today. So please stand up and accept the thanks of a grateful nation.”

Pence reinforced the Trump administration’s support to the military by discussing the proposed

2019-2020 budget with military pay increases and building a 350-ship Navy.

“You can know with confidence that, under President Trump’s leadership, we will always give our Soldiers, Sailors, Airmen, Marines, and Coast Guard the resources and the support you need to accomplish your mission and come home safe,” said Pence.

Tuition Assistance and Navy College Program Policy Updates Announced

From Chief of Naval Personnel Public Affairs

The Navy announced changes to Tuition Assistance (TA) and Navy College Program for Afloat College Education (NCPACE) program management May 21, in NAVADMIN 114/19. Beginning Oct. 1, enlisted Sailors and officers must complete a minimum of two years of service before becoming eligible to use TA or NCPACE instructor-led or Distance Learning (DL) courses. This requirement may not be waived.

In addition, TA and NCPACE (DL) funding is capped at 12 semester hours (or equivalent quarter hours) per fiscal year (FY) and a total of 120 semester hours (or equivalent quarter hours) in a career. Most Sailors in recent years have only used up to an average of nine semester hours annually.

“Due to unprecedented usage and fiscal constraints, Navy is reshaping how we administer the TA and NCPACE programs,” said Jim Johnson, head of Navy Voluntary Education (VOLED). “We want to keep both programs

available and sustainable for eligible Sailors, while ensuring our Sailors remain focused on their professional qualifications.”

Navy transformation efforts focused on improving the “Sailor experience” have dramatically improved the ease of access to several technical and education programs, including TA and NCPACE. As a result, fleet-wide TA demand in FY19 was 30 percent higher at the mid-year review than the same point in FY18.

TA funding is expected to run out this month with no additional funding to be made available for the remainder of FY19. Sailors currently taking classes or who are in receipt of a funded TA voucher will not be impacted.

Johnson said that every billet is important to the Navy’s mission and that commanding officers (CO) and officers in charge (OIC) should judiciously manage their Sailors’ education outside of working hours. “A typical three semester hour college course requires up to 12 hours of weekly commitment,” he said. “COs and OICs should

actively manage their Sailors’ off-duty education to meet their operational commitments when entering a period of increased operational tempo.”

Command leaders should establish benchmark qualifications that first-term Sailors must earn before using TA or NCPACE including damage control, maintenance, primary warfare, watchstation or other qualifications.

Affected Sailors who desire to continue taking courses for the remainder of FY19 should contact the Navy College Virtual Education Center (NCVEC) at (877)838-1659/DSN 492-4684 or via MyNavy Portal (MNP) at <https://my.navy.mil/quick-links.html> to discuss other funding options, such as GI Bill, scholarships or financial aid.

Sailors could experience increased call wait times and are encouraged to use other means to speak with an education counselor including the VOLED appointment scheduler on MNP, chatting via Live Help Now® or submitting a help request “trouble ticket” on the Navy College Program website.



Former Fleet Readiness Center Southeast Commanding Officer Capt. Trent DeMoss, left, and new FRCSE Commanding Officer Col. Fred Schenk reveal a nameplate signifying the turn over of command at the military aviation depot May 23.

Photos by Toiete Jackson

DeMoss Says Goodbye to Fleet Readiness Center Southeast

By Clifford Davis
FRCSE Public Affairs

U.S. Marine Corps Col. Fred Schenk took command of Fleet Readiness Center Southeast (FRCSE) from Capt. Trent DeMoss May 23 during a change of command ceremony at Naval Air Station Jacksonville.

The ceremony marked the end of DeMoss' tangibly successful tenure with the Navy command that performs aircraft maintenance, repair and overhaul, employing more than 5,000 in the Jacksonville area.

"In the Navy, we say that every ship has its own personality, and so does every depot," DeMoss said. "FRCSE's personality and reputation has always been the 'Go-to' depot when you really need something done. They don't need fanfare or awards, they just get the job done – and that

matches my personality pretty well."

Though DeMoss does his best to stay out of the spotlight, the command's accomplishments under his leadership certainly warrant acclaim.

In 2018, FRCSE became the depot source of repair for the T-6 Texan II, the Navy's primary trainer aircraft. A year later, the depot landed the Navy's F-5 Tiger II workload. Both platforms not only mean jobs for the artisans who'll perform the work and millions of dollars injected into the local economy, but also ensure the Navy has the trained pilots and aircraft needed to accomplish its mission.

The facility's F/A-18 Super Hornet line and its 414 engine line have also maximized their output to help the Navy come within reach of its goal of 80-percent mission capable status for its Super Hornet fleet. This was accomplished, in large part, due to the implementation of the Navy Sustainment System, or NSS, of which DeMoss was a driving force.

Adopted from the best practices of private industry, NSS helped streamline the production process and led to record turnaround times at FRCSE.

In addition, DeMoss made it a point to emphasize his "TEA²M" concept, that Together, Every Action and Asset Matters. A piece of this concept was his establishment of the TEA²M award, where he recognized employees who went above and beyond in their work with a cash bonus, certificate of appreciation, unit patch, command coin and command hat.

"It was just a good way to foster and recognize high-performing individuals and teams," DeMoss said. "It was a way to say thank you and let folks know that we appreciate the good work they're doing."

After his successful tenure at FRCSE, DeMoss will now move on to serve as Vice Commander, Fleet Readiness Centers in Patuxent River, Maryland.



Commander, Fleet Readiness Centers Rear Adm. Michael Zarkowski, left, presents Fleet Readiness Center Southeast (FRCSE) Commanding Officer Capt. Trent DeMoss with the Legion of Merit award during the FRCSE Change of Command Ceremony at Naval Air Station Jacksonville May. 23.

"I had a tremendous civilian leadership team, and I couldn't have asked for a better executive officer," he said. "He and I have known each other for a long time, and we're about as in-sync as two people can be."

Schenk is a native of Milwaukee, Wisconsin and a former AV-8B Harrier pilot. He also served as a test pilot in the F-35 Joint Strike Fighter program where he completed the first carrier landing of an F-35B.

He will be the first Marine to ever lead FRCSE in its 79-year history.

"I'm honored and humbled to be standing before you today as the new commanding officer of Fleet Readiness Center Southeast, an organization that is so critical to our nation's defense" Schenk said.

Capt. Grady Duffey, a former production officer at the depot, assumed the role of executive officer.



Fleet Readiness Center Southeast Commanding Officer Col. Fred Schenk, right, salutes Commander, Fleet Readiness Centers Rear Adm. Michael Zarkowski after assuming command of the military depot May 23.

VP-5 Flys with Philippine Navy

By Lt.j.g. Michael Miller
VP-5 Public Affairs

The “Mad Foxes” of Patrol Squadron (VP) 5 recently joined eight members of the Philippine Navy and U.S. Consulate staff for a Maritime Domain Awareness (MDA) flight in the South China Sea.

The geographical location of the Philippines makes the country an ideal site and of strategic importance for the navy’s maritime presence in the area. In an effort showcase the abilities of the P-8A, VP-5 conducted an MDA mission alongside Philippine allies U.S. State Department staff near Scarborough Reef. The mission was a great learning experience for all parties, and further strengthened the desire for future cooperative missions with the Philippine forces. VP-5 Commanding Officer Cmdr. Rob Wilkerson was on-site to greet the distinguished visitors and share experiences as a maritime patrol platform throughout the exercise.

“It was a valuable experience getting to work alongside our Philippine counterparts,” said Lt.j.g. Alejandro Escarcega. “Working hand-in-hand like this helps build the relationship between our two communities, and it’s really great to see that grow and develop firsthand.”

The exercise was conducted in accordance with international maritime law in order to showcase the capabilities of the P-8A and help monitor complicated issues in

the region. VP-5 and the P-8A community pride themselves on their dynamic ability to conduct these exercises in a moment’s notice all over the globe.

“It was a great opportunity to demonstrate the P-8A Poseidon’s capabilities to our partners,” said AW3 Luke Pritchard. “We had a great time conducting this valuable exercise and

showcasing our training to important members of the local area.”

The Mad Foxes, based out of Jacksonville, Florida, are currently deployed to Kadena Air Force Base in Okinawa, Japan. Throughout the deployment, they are conducting maritime patrol and reconnaissance and theater outreach operations within 7th Fleet area of operations.



Photo by Lt.j.g. Samuel Reber

Members of Patrol Squadron (VP) 5, the Philippine Navy, and the U.S. Consulate pose for a photo in front of one of VP-5’s P-8 aircraft . The group took flight in the aircraft to showcase the capabilities of the aircraft to the visitors.



Photo by MCSA Thomas A. Higgins

AWO2 Kirk Gregg of Patrol Squadron (VP) 45 shows Congresswoman Debbie Wasserman Schultz, (D-FL23) some of the surveillance equipment aboard a P-8A Poseidon aircraft while touring the squadron, May 28.



Photo by Daniel Alexander

Bryan Berry, a lead engineering technician with Fleet Readiness Center Southeast, briefs Congressman John Rutherford, left, and Congresswoman Debbie Wasserman Schultz, center, along with members from Congressman Al Lawson’s office, on additive manufacturing capabilities, May 28. The group visited Naval Air Station Jacksonville touring Patrol Squadron 45, FRCSE, base gym and fitness center and Naval Hospital Jacksonville.



Photos by MC1 Jacob Sippel

Rear Adm. Donald Gabrielson, right, relieves Rear Adm. Sean Buck as commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet during their change of command ceremony held May 21 at Naval Station Mayport.



From left, Rear Adm. Donald Gabrielson, Adm. John Richardson, Rear Adm. Sean Buck and Adm. Craig Faller render honors during the change of command ceremony for U.S. Naval Forces Southern Command/U.S. 4th Fleet held at Naval Station Mayport May 21.

U.S. Naval Forces Southern Command/U.S. 4th Fleet Welcomes New Commander

From U.S. Naval Forces Southern Command/U.S. 4th Fleet Public Affairs

Commander, U.S. Naval Forces Southern Command/U.S. 4th Fleet held a change of command onboard Naval Station Mayport at the Ocean Breeze conference center, May 21.

Rear Adm. Donald Gabrielson relieved Rear Adm. Sean Buck, who will be continuing his career as the 63rd superintendent of the United States Naval Academy in Annapolis.

As commander, Buck served as the joint maritime component commander during operation Blue Torch, managed disaster relief operations in the Caribbean and search and rescue efforts to for the Argentine submarine ARA San Juan (S 42).

“The days seem to pass too quickly,” said Buck. “Our opportunities to gather seem too fleeting, and while the seriousness and graveness of our tasks demand so much time and effort, I am proud to have served with all of you on my staff and alongside all of our partner nations throughout my time here as the commander of Navy Forces South and 4th Fleet.”

Chief of Naval Operations, Adm. John Richardson was in attendance as the presiding officer for the ceremony, and Commander, U.S. Southern Command, Adm. Craig Faller was the guest speaker.

“It is truly an honor to be here with a friend and shipmate,” said Faller. “The partnerships you have forged, and the harmony and love present in this room will be your legacy Sean [Buck]. Hats off to what you have done here at 4th Fleet, and hats off to your winning team. Thank you for your service to U.S. Southern Command, and I am glad you are

going to continue to serve at the United States Naval Academy.”

“The staff here has done terrific work, and you have made a huge difference,” said Richardson. “You have helped make all of us stronger together, helping to bring authenticity and teeth to the fleet, and gluing us together with those bonds of trust and confidence with our partner nations.”

Gabrielson has previously served as Commander, Carrier Strike Group 11/ Nimitz Carrier Strike Group, Commander, Logistics Group Western Pacific/ Task Force 73 in Singapore. He also commanded USS Cape St. George (CG 71), and being the first commanding officer of USS Freedom (LCS 1).

He is now the 10th commander of U.S. Naval Forces Southern Command since it was renamed in 2000 and the seventh commander of U.S. 4th Fleet since re-established in 2008.



Chief of Naval Operations Adm. John Richardson, left, presents Rear Adm. Sean Buck with the Distinguished Service Medal during the change of command ceremony for U.S. Naval Forces Southern Command/U.S. 4th Fleet May 21.

“I am humbled to begin my fifth command tour,” said Gabrielson. “I am here to treasure it, I am here to honor it, and I am here to embrace this new chance to continue contributing. To all of our partner nations, to all of you and to each of you, thank you for being here and being part of this team.”

U.S. Naval Forces Southern Command/U.S. 4th Fleet is responsible for U.S. Naval forces in the U.S. Southern Command area of responsibility, including the Caribbean, Central and South America.

VP-45 Holds Change of Command

From VP-45 Public Affairs

The “Pelicans” of Patrol Squadron (VP) 45 held a change of command ceremony at Naval Air Station (NAS) Jacksonville, May 23.

Cmdr. Paul Nickell relieved Cmdr. Mark Zematis as commanding officer and Cmdr. Charles Larwood III assumed duties of as executive officer. Retired Adm. Scott Swift, former commander, Pacific Fleet, participated as the guest speaker for the event.

“It’s been an honor working with Paul this last year,” said Zematis.

“I could feel his passion for this

business and his drive is infectious. I know will push this squadron to unthinkable success.”

Nickell and Larwood stand ready to lead VP-45 forward. The squadron recently completed the basic phase of the fleet response training plan. VP-45 now moves into the advanced phase with a sharp focus on successful execution of operations in composite training unit exercise, flight and simulator evolutions for the operational readiness evaluation, and their impending 7th Fleet deployment.



Photo by MCSA Thomas Higgins

Former Patrol Squadron (VP) 45 Commanding Officer Cmdr. Mark Zematis, right, and new VP-45 Commanding Officer Cmdr. Paul Nickell cut the cake during a change of command ceremony held on Naval Air Station Jacksonville May 23.

Faces of NAS Jax

By AO2
Haley Ballard

Chadwick Wells Youth Activities Center Assistant Director



Chadwick Wells, NAS Jacksonville’s assistant director of the Youth Activities Center, has been selected as the FY19 second quarter Junior Civilian of the Quarter. Wells is, “very appreciative, honored and humbled by being selected for this award.”

A few of his responsibilities as assistant director, are to ensure daily operations proceed seamlessly, prepare the center for Navy Region Southeast inspections, and make sure staff members are up-to-date with health requirements. He recently executed the high-volume staffing process for the yearly summer program.

Outside of work, he enjoys being with his family and spending time outdoors. Wells’ favorite place he has visited is Kodiak, Alaska, and eventually he would like to go to Europe to see the architecture and travel to all seven continents.

James Gray Deputy Fire Chief



Deputy Fire Chief James Gray was recently selected as Senior Civilian of the Quarter for the second quarter of fiscal year 2019. He said, “it is a great honor to be selected for this award, I honestly never thought I would win it.”

Gray is from Wichita, Kansas and a 12-year veteran of the United States Air Force. As the deputy fire chief, he oversees two base fire stations and more than 100 firefighters. One of his many duties includes holding shipboard firefighting training at Naval Station Mayport. In this quarter, he has responded to more than 100 emergency calls including major vehicle accidents, structural fires, and medical issues.

Outside of work, Gray enjoys kayaking and volunteers at Thunderbolt Elementary School. His favorite place to visit was Souda Bay, Crete and one day he wants to travel to Germany. In March 2017, he accomplished one of his biggest goals by becoming deputy fire chief of First Coast Navy Fire and Emergency Services.

Summer Safety Recommended While Enjoying Outdoors

By HM3 Scott Burton
NAS Jax Public Affairs Office

While living in the Sunshine State, it is important to remember safety when enjoying our endless summers. With temperatures reaching 90 degrees and above becoming a regular event, residents of Naval Air Station Jacksonville (NAS Jax) and the surrounding areas need to take proper precautions to avoid heat-related injuries.

Heat Condition flags are used to denote temperature conditions where the ambient temperature becomes a safety factor in outside activities. When temperatures are below 80 degrees, no flag is present. For temperatures 80-84.9 degrees a green flag will fly symbolizing discretion in planning heavy outside exercise. Temperatures of 85-87.9 a yellow flag will be present symbolizing the 50 percent work, 50 percent rest rule. Temperatures of 88-89.9 a red flag will fly and those who are not acclimatized should halt all physical training outdoors. For temperatures of 90 degrees and above a black flag will fly and this symbolizes that all non-mission essential physical training and strenuous activity must be suspended for all personnel.

Under these conditions heat stress and heat exhaustion can occur rapidly. These flags can be found posted at NAS Jax Fitness Center, Naval Hospital Jacksonville, and tenant commands. Make sure to drink lots of water while participating in summer activities to maintain hydration, even if you don't feel thirsty.

Other tips for the summer involve wearing the proper attire and safety gear while enjoying outdoor activities.



Photo by MC2 (SW/IW) Nick A. Grim

Sailors and civilians assigned to Naval Air Station Jacksonville attend a safety standdown at Dewey's, May 23.

Gregg Gillette, an occupational safety and health specialist at NAS Jax said, "Remember your hearing protection while doing your lawn care."

Gillette added to make sure to read the instructions before operating any equipment indoors or out. Often mishaps happen because individuals forget to read the manual.

Light-colored clothing reflects heat while sunscreens with SPF above 30 will protect your skin from harmful sun rays. If you are outside riding motorcycles or bicycles this summer remember to wear your helmet. NASJAXINST 5100.12D states that bicycles can enter NAS Jax through all gates, but you must be wearing a helmet. Additionally, bicycles are not authorized on certain roads.

With more than 663 miles of beaches, Florida attracts lots of tourists during the summer months. This means heavier than normal traffic on city and highway roads. Some summer safety tips are to be aware that others around you may not be familiar with our state's laws. For example, did you know that it is unlawful to drive a motor vehicle with the hazard lights on? During our afternoon showers, you might see motorists doing this, but could actually cause the very accidents they mean to prevent.

These summer safety tips and information will ensure that you and your loved ones enjoy everything that there is about the Sunshine State and NAS Jax.

For more safety tips visit www.ready.navy.mil.



Photo by HM3 Scott Burton

A heat advisory flag is placed at the entrance of the Naval Air Station Jacksonville Fitness Center, May 14. Personnel are advised to use caution during the hotter summer months to prevent heat-related illness.



Fleet Logistics Center Jax roof catches fire

Firefighters from First Coast Navy Fire and Emergency Services and Jacksonville Fire and Rescue Department team up to put out a fire on the roof of Fleet Logistics Center Jacksonville May 21. The fire left a charred area of debris after firefighters extinguished the flames.



NAS Jax Honors Military Spouses



The 2019 military spouse honorees gather for a photo at the fifth annual Jacksonville Heroes at Home luncheon held May 29 at the Naval Air Station Jacksonville River Cover Catering and Conference Center.



USAA Director of Field Operations Southeast Dennis King presents Navy spouse Casandra McFarland the 2019 Jacksonville Heroes at Home Military Spouse Award at the fifth annual Jacksonville Heroes at Home luncheon held May 29.



Rear Adm. Gary Hayes, commander, Navy Region Southeast, addresses guests at the fifth annual Jacksonville Heroes at Home luncheon.

Story and photos by MC2 (SW/IW) Nick A. Grim
Editor

The fifth annual “Heroes at Home” luncheon honored military spouses at the Naval Air Station Jacksonville (NAS Jax) River Cove Catering and Conference Center, May 29.

The intention of the luncheon is to recognize the many sacrifices, strengths and support provided by military spouses to their military partners and families.

Guest speaker Rear Adm. Gary Mayes, commander, Navy Region Southeast, expressed his admiration for military spouses and their sacrifices and commitment to the service members of this nation.

“Today is all about the spouse! As a military leader, I want you to know how well I understand the sacrifices you make and how important you are,” said Mayes. “I know at times you may feel that your hard work goes unnoticed, but I can assure you - it does not go unnoticed.”

Military Newspapers Virginia (MNV) has hosted this event for 15 years starting in Norfolk, Virginia, and presented tribute videos, speeches, and gifts to outstanding military spouses in Navy Region Southeast.

“Behind every successful person is a loved one making sacrifices,” said Amie Holman, the event coordinator from MNV. “We are honoring these spouses for going above and beyond in their communities and well as their homes.”

“It feels amazing to be recognized for giving back to our military spouses and our Sailors as the ombudsman for my husband’s ship,” said Casandra McFarland, the recipient of the 2019 Heroes at Home Jacksonville Military Spouse Award.

The grand prize awardee was given a plaque, gift basket, gift card and a resort trip to Mexico for being recognized for her outstanding efforts.

Neither Naval Air Station Jacksonville, nor the Jax Air News or any part of the federal government, officially endorses any company or sponsor or their products or services.

NAS JAX SPORTS NEWS

CAPTAIN’S CUP DODGEBALL TOURNAMENT - JUNE 3

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractors, and military spouses assigned to a command at NAS Jacksonville. Teams are comprised of six players from the same command and no augments. You can have some alternates or form multiple teams. The tournament will start at 5 p.m. at the Guy Ballou Tennis Courts. Commands will receive five captain’s cup points for each participant with a maximum of 30 points per command. Commands will receive 15, 10, five additional points for finishing first, second and third place.

CAPTAIN’S CUP BEAN BAG TOSS DOUBLES TOURNAMENT - JUNE 24

The tournament is open to active duty, selective reservists, DoD civilians, DoD contractors, and military spouses assigned to a command at NAS Jacksonville. Teams must be from the same command. The tournament will start at 5 p.m. at the pavilion behind the base gym and the fitness center. Commands will receive five captain’s cup points for each participant with a maximum of 30 points per command. Commands will receive 15, 10, five additional points for finishing first second or third place.

For more information,
call Bill Bonser at 542-2930/3239 or
e-mail bill.bonser@navy.mil

Visit the MWR website at www.cnic.navy.mil or [www.facebook.com nasjaxmwr](http://www.facebook.com/nasjaxmwr)



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Community Recreation

Call 542-3227

Summer Reading Kick-off Event

June 3, 5 – 8 p.m. at River Cove
All ages are invited to join the 2019 summer reading program! Featuring a magic show, crafts, games, the opportunity to register for the program & information about the Navy Digital Library.

Comedy Show

June 8, 7 p.m. at Dewey's
Open to ages 18 and older. Doors open at 5:30 p.m., dinner served at 6 p.m. and the show will start at 7 p.m. Tickets are \$15 and include: buffet dinner, comedy show and soft drinks. With comedians Katie Johnson as host, Johnny Mac and featuring Dean Napolitano. A cash bar will be available. Purchase tickets at the Tickets & Travel Office or the Community Recreation Office in Bldg. 622.

DIY Crafts: Bottle Openers

June 14, 7 – 9 p.m. at Dewey's
Open to ages 18 & older. Each participant will receive all the supplies to make a personalized wood bottle opener with catcher. Choose your image at registration and then choose your paint color and stain options the night of the event. Tickets available at Community Recreation in Bldg. 622 or online through myFFR. The cost of \$25 per person covers supplies & one soda, beer or wine. Limited spots! Food & beverages available for purchase. No outside food or beverage.

DIY Crafts: Coasters

June 25, 7 – 9 p.m. at Dewey's
Open to ages 18 & older. Tickets are \$25 per person and available at Community Recreation in Bldg. 622 or online through myFFR. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Movie on the Green

June 28, sunset at the NAS Jax Golf Course
Watch "Wonder Park" on our giant inflatable screen from the comfort of the deck of Mulligan's or bring your own picnic blanket and hangout on the lawn all for free! Popcorn is free! There will be a special menu prepared just for the evening, but patrons may also order food & beverages from the regular menu.

Dewey's

Call 542-3900

Children's Summer Bingo,

June 21, 4 p.m. Open to children ages 3 - 17 years of age. Doors open at 4 pm and games begin at 5:30 pm. \$10 per child player includes bingo cards, dauber, soft drink, hot dog, chips and a cookie. Enjoy prizes, face painting and a balloon artist.

Mondays and Thursdays: Free Texas Hold'em Tournaments at 7 p.m.

Bingo: Great cash payouts, even better jackpots! Lunch and evening sessions available. Call (904) 542-8449 for current promotions and times.

Freedom Lanes Bowling Center

Call 542-3493

80 Days of Summer

May 31 – Sept. 1
Win prizes all summer long when you visit NAS Freedom Lanes. The more games you bowl, the more chances you have to win big! Youth 17 & under can bowl two free games each day over the summer through the KIDS BOWL FREE program.

Command Functions: Looking for a great command function? Why not a bowling event? Fun for all! Click here to set up an event for commands, families, spouses groups & more!

Monday: \$7 All you can bowl, 4–6 p.m.
Wednesday: \$8.95 All you can bowl, 4 – 10 p.m.
Thursdays: Active Duty Appreciation Day!
Games are \$1 each for Active Duty & their guests, 11 am - 3 pm. Reservations accepted.

Thursday Nights: \$10 All you can bowl, 6 - 10 pm, includes bowling & shoe rental. Food & beverage specials available. Chances to win prizes just by participating!

Friday: \$10 Extreme Bowling, 10 p.m. – midnight. Shoes included.

Saturday: Extreme Bowling, call for current pricing & times.

Please note, the specials do not include shoes unless stated otherwise

Fitness, Sports & Aquatics

Call 542-2930

Yoga by the Water

June 18, 4:30 p.m. at the Mulberry Cove Marina

Bring your own yoga mat to the Mulberry Cove Marina Pavilion for an hour of Vinyasa Yoga flow. All fitness levels are welcome to join! Mats will be provided as needed.

Runway 5K

June 22, 7 a.m. at Hangar 117

Pre-register online before 9 am on June 17 at www.1stplacesports.com/events/race-calendar. The race is open to all who have their own base access. The first 300 to register and run will receive a t-shirt. Race day registration will be held 5:30 - 6:30 a.m. at Hangar 117 across from the Airfield Tower. Packet pick-up will be held June 20-21 from 7 a.m. to 7 p.m. at the Base Gym. Swim lessons now available! Call the Base Gym for more information.

Indoor Pool and Outdoor Pool

Visit www.navymwrjacksonville.com for hours of operation.

Patrons can select from a variety of massage types, including Swiss, Deep Tissue/Sport, as well as other spa services, such as facial & body treatments. For a complete list of services, visit the base gym or fitness center.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists only. Call 542-1335 for information.

June 1: St Augustine Evening Trip

June 2 & 16: Paintball

June 5: Downtown Jax Art Walk

June 7: The Edge Rock Gym

June 10: Paddle Boarding 101

June 15: Tallahassee Museum Canopy Course and Zip Line Course

June 20: Recreation Ambassador Meeting

June 21: Jacksonville Jumbo Shrimp

June 23: Liberty Beach Trip

June 28: Catty Shack Ranch

June 29: Ginnie Springs

NAS Jax Golf Club

Golf Course: 542-3249

Mulligan's Restaurant: 542-2936

Early Birdies Special June 1 – Aug. 12

The Golf Course & Mulligan's will open at 6:15 am! Beat the summer heat & sign up for a tee

time as early as 6:30 am. Schedule yours today!

Junior Golf Camps
Sign up your kids for summer golf camps today! The camps will run Monday through Friday from 9 - 11 am on the dates for each age group posted below. The cost is \$140 per child. Ages 6-10: June 10 - 14, June 24 - 28, July 22 – 26. Ages 11-17: July 8 – 12.

Appreciation Days
June 13 & 27 for all Military members & DoD employees. Play 18-holes with cart for \$20. Swing It & Wing It Special: Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$30 after 1 p.m. daily.

Daily Twilight Special:
Play 18-holes with cart for only \$20 after 3 p.m. Monday - Friday. Monday & Tuesday: Play 18-holes for \$20. Cart & green fees included. Not applicable on holidays.

Mulberry Cove Marina
Call 542-3260
Thursdays: Free kayak & canoe rental all day for Active Duty members & guests only.
Private Sailing Lessons: One on one instruction available at \$20/hour by appointment only. Minimum 2-hour session.
Stand Up Paddleboard Lessons: Open to all first-timers by appointment only. Free & taught by a World Paddleboard Association Certified Instructor.

Auto Skills Center
Call 542-3681
The center has 22 work bays, wheel balancing, tool checkout, paint booth and welding ASE certified mechanic onsite.

Youth Activities Center
Call 778-9772
Youth Summer Camp
Online enrollment is open now through May 24. Visit MilitaryChildCare.com to register today! Before & After School Care; Open to children 5-12 years Register today!

Family Fitness Center
Call 771-8469 The Family Fitness Center is open Monday–Friday, 9 a.m. - 1 p.m. Bring your children! Children 5 and older are welcome to workout with you. Group classes are available from 10 – 11 a.m.

Jax Navy Flying Club
Call 542-8509
Learn to fly at NAS Jax
Call for introduction flight
Additional ratings are available including instrument, complex and commercial
Find more info online at jaxnfc.net

Community Rec. Tickets & Travel Office
Call 542-3318,
Email directly at nasjaxtickets@navy.mil
New Kids on the Block – Veteran’s Memorial Arena
July 12, \$96.25 - \$107.25.
Paw Patrol Live! August 3 & 4 - \$29.
Alan Jackson – Veteran’s Memorial Arena
Sept. 21, \$82-\$115.50.
FSCJ Broadway Series Shows – Prices vary

Thrasher Horne Broadway Series

Current Ticket Promotions Include:
Adventure Landing Dry pass: \$22.
Adventure Landing Waterpark: \$20.50. Combo (dry pass and waterpark): \$32.50.
Alhambra Dinner Show: Prices range \$40 - \$50.
Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.
Biltmore Estates Ashville, NC: Adult - \$54, Youth - \$29.
Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.
Disney World Orlando Armed Forces 2019 Salute 4-Day ticket with hopper option - \$236.50; 4-Day Hopper ticket with water park fun & more - \$285.25. 5-Day ticket with hopper option - \$252.00; 5-Day Hopper ticket with water park fun & more - \$300.75. Tickets valid Jan. 1, 2019 and expire Dec. 19, 2019.
Only Active and Retired U.S. Military Personnel (including Active or Retired members of the National Guard, Reservists, the U.S. Coast Guard, the Commissioned Corps of the Public Health Service (PHS), and the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA) “or” their spouses are authorized to purchase Military Promotional tickets. - (6) Promotional Maximum purchase per service member, including member- If service member has an annual pass or multi-day ticket they can purchase (5) Promotional Maximum and Must enter with party.
Jacksonville Jumbo Shrimp: \$5 Active Duty and Family, \$8 Retired/Veterans/DoD and Family.
Jacksonville Symphony: \$31.
Jacksonville Zoo, General admission & admission w/unlimited train rides: \$12.50 - \$21.50.
Paintball Adventures!: Military special includes everything except paint balls - \$15.
Six Flags: \$46.50 .
Six Flags White Water: \$43.
Spanish Military Hospital Museum: \$5 - \$7.50.
St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15.
St. Augustine Aquarium: Adult \$8. Child Admission - \$5. Snorkel Adventure (Includes Admission) \$32.
St. Augustine Old Town Trolley: \$7.50 - \$21.25 BOGO.
St. Augustine Oldest Store Museum: \$5 - \$8.
St. Augustine Pirates Museum: \$3 - \$8.
St. Augustine Potters Wax Museum: \$5.75 - \$8.
St. Augustine Sight Seeing Train: \$5.50 - \$12.
Universal Orlando Military Special Redeemable through 12/31/19 (Not available at the gate! No Black-Out Dates. Maximum of 6 tickets per valid military ID) Ticket Option #1: 2-Park, 4-Day Park to Park Ticket, Adult \$184, Child \$179 (Redeemable through 12/31/19, ticket expires on this date). Valid for 4 days of admission to Universal Studios Florida, Universal’s Islands of Adventure and Universal’s Volcano Bay Water park. Ticket Option #2: 3-Park, 4-Day Park to Park Ticket, Adult \$239, Child \$234 (Redeemable through 12/31/19, ticket expires on this date). Valid for 4 days of admission to Universal Studios Florida, Universal’s Islands of Adventure and Universal’s Volcano Bay Water park. Visit the Ticket Office for further details.
Velocity Air Sports Jacksonville: 1 Hr. (socks included): \$15.50. 2 Hr (socks included) \$26.
Wild Adventures (Valdosta, Ga.): Gold Pass – \$89. Seasonal – \$92. 1 Day: \$36. 2 Day: \$42 (must be used consecutively).
World Golf Hall of Fame & Museum: \$14.75.

NAS Jax Sports Standings

3-on-3 Sand Volleyball Standings

Teams	Wins	Losses
FRCSE Saved by the Whale	11	1
VP-10	10	1
FRCSE Nerd Herd	10	1
VP-30 Wardroom	8	3
NH Jax	6	5
HSM-74 Swamp Fox	5	5
VP-30	5	6
Hitron	4	7
VR-58/VR-62	4	9
HSM-70/HSM-60	2	9
NOSC/NRSE RCC	1	10

Spring Softball Standings

Teams	Wins	Losses	Ties
FRCSE Nerd Herd	14	0	
NH Jax Nature Boys	13	1	
FRCSE Tailgators	11	3	1
CPRW-11 / TPU-PCF	11	3	1
CNATTU	9	4	1
VP-62 Broadarrows	9	5	
NMC/HSM-74	8	6	1
VP-16	4	2	
VP-30 Hairy Claws	7	7	1
VR-58/VR-62	6	6	
VP-30 Staff	6	8	
NAVHOSP Off in Church	5	7	
NOSC/CRS-10	5	8	
VP-45 Pelicans	5	8	
HSM-70	5	8	1
VP-26	3	6	
CBMU202	4	9	1
NBHC Silver Bullets	4	9	1
VP-30 Dirty Thirty	1	14	
FRCSE Under Dogs	0	10	

Soccer Standings

Teams	Wins	Losses
FRCSE Saved by the Whale	11	1
VP-10	10	1
FRCSE Nerd Herd	10	1
vp-30 Wardroom	8	3
NH Jax	6	5
HSM-74 Swamp Fox	5	5
VP-30	5	6
Hitron	4	7
VR-58/VR-62	4	9
HSM-70/HSM-60	2	9
NOSC/NRSE RCC	1	10